

Cooking for Kids

Recipe Sizing Report

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Apr 15, 2022

000182 - Spinach Salad with Roasted Veg :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
799908 ONIONS,RED,RAW..... 011821 PEPPERS,SWT,RED,RAW... 902935 Zucchini, Raw..... 011457 SPINACH,RAW.....	2 qts + 1/4 cup 3 qts + 1/2 cup 4 lbs + 2 2/3 ozs 16 lbs + 11 ozs	1. Wash all produce thoroughly. Pick through the spinach to ensure that all leaves are fresh. 2. Chop onions, peppers, and zucchini. Sauté together until tender.
799986 SALT, KOSHER..... 799902 CUMIN,GROUND.....	2 Tbsp + 2 3/8 tsp 1/2 cup + 1 tsp	3. Mix vegetables, salt, and cumin together in a large bowl. Hold cold for service. Serve with dressing of choice.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	33 kcal	Cholesterol	0 mg	Sugars	*1.6* g	Calcium	87.45 mg	15.07%	Calories from Total Fat
Total Fat	0.55 g	Sodium	193 mg	Protein	2.82 g	Iron	2.57 mg	2.45%	Calories from Saturated Fat
Saturated Fat	0.09 g	Carbohydrates	6.01 g	Vitamin A	7720.8 IU	Water ¹	*98.19* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.52 g	Vitamin C	49.5 mg	Ash ¹	*1.47* g	73.54%	Calories from Carbohydrates
								34.50%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.